

Fitness Room Schedule

May 3- June 26, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp 5:40am		Boot Camp 5:40am		GROUP CENTERGY™ 7:45am
					GROUP ACTIVE™ 9:00am
ZUMBA™ 10:00am	* ZUMBA™ gold 9:00am	ZUMBA™ 10:00am	* ZUMBA™ gold 9:00am	ZUMBA™ 10:00am	ZUMBA™ 10:10am
* e ENHANCE FITNESS™ 11:10am	GROUP ACTIVE™ 11:00am	* e ENHANCE FITNESS™ 11:10am	GROUP ACTIVE™ 11:00am	* e ENHANCE FITNESS™ 11:10am	
	* Taekwondo		* Taekwondo		SUNDAY
GROUP fight™ 5:40pm	* Taekwondo	GROUP POWER™ 5:40pm	* Taekwondo	* Social Dancing	
GROUP CENTERGY™ 6:50pm	ZUMBA™ 7:10pm	GROUP CENTERGY™ 6:50pm	ZUMBA™ 7:10pm	* Social Dancing	
	* Social Dancing			* Social Dancing	

GROUP
ACTIVE™

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+

Boot Camp

Boot Camp is a class designed to increase strength, endurance and cardiovascular fitness in 60 minutes. Ages 13+

GROUP
CENTERGY™

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes

GROUP
fight™

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! Ages 13+

GROUP
POWER™

Group Power™ combines squats, lunges, presses and curls with functional integrated exercises. Ages 13+

ZUMBA®

ZUMBA® is a 60 min Latin infused dance-based workout. Ages 13+

If you would like to join the email cancellation list, please sign up in the fitness studio or email aeearvin@lynnwoodwa.gov

****Registration is required for these classes, please see front desk.***